



Play The Game

Lane Cove Public School

ANTI-BULLYING ACTION PLAN

**At Lane Cove Public School every person has the right to feel safe and secure.
Any person who bullies another is denying them that right.**

**The school does not tolerate any action that undermines a person's right to feel
safe and secure, and will take whatever steps necessary to endeavour to stop
such behaviour.**

(The full Anti-bullying Plan is located on the school's website: www.lanecove-p.schools.nsw.edu.au)

BULLYING IS...

A clear understanding of what bullying is can help both adults and students deal with the situation more effectively. Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies.

Bullying can involve humiliation, domination, intimidation, victimization and all forms of harassment including that based on sex, race, disability, homosexuality or transgender. Bullying of any form or for any reason can have long-term effects on those involved including bystanders.

Conflict or fights between equals or single incidents are not defined as bullying.

Bullying behaviours can be:

- **verbal**, e.g., name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical**, e.g., hitting, punching, kicking, scratching, tripping, spitting
- **social**, e.g., ignoring, excluding, ostracizing, alienating, making inappropriate gestures
- **psychological**, e.g., spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

ACTION PLAN

We can help to control what happens by following this Action Plan for students, parents and school staff.

ACTION PLAN FOR STUDENTS

What students can/should do to prevent or deal with bullying:

- Take a deep breath
- Look directly into the eyes of person attempting to bully
- Speak in a firm, clear voice say loudly “Stop it. I don’t like it, go away.” or say, “Stop it. That’s bullying. It’s not O.K.”
- If the bullying behaviour continues go directly to your teacher, don’t stop, don’t be afraid, just report what happened
- Go to the teacher on duty if you are in the playground
- Do not retaliate with physical force
- Do not give in to bullying or give money, favours or goods
- Think of ways to keep away from the bully; talk about this with your teachers

Believe:

- You can control what happens
- It’s not OK to make someone sad
- You can make it stop
- Remember it is not your fault

Think:

Bullying - Do something about it

No one likes it

No-one deserves it

No-one needs it

Try and think strong good thoughts about yourself

ACTION PLAN FOR PARENTS

What parents can/should do if they suspect bullying:

- Have a responsibility to understand “what is bullying?”
- Take a pro-active approach and talk with children if they suspect they are victims of bullying
- Be aware of the signs of bullying
- Be aware of the child’s friendship groups
- Approach the school/child’s teacher
- Encourage friendships by inviting children home
- Reinforce that one should not accept being bullied or being a bully is never OK
- Be a good role model with everyone in the community
- Be responsible for encouraging anti-bullying attitudes
- Be understanding and supporting of your child
- Help your child to respond to bullying behaviour by encouraging your child to:

Act:

Stop, think, walk away, talk to a friend, tell a teacher or the principal

Say:

“I’m sorry I hurt you.”

“Stop it! I don’t like it! Go away!”

“Stop it! That’s bullying. It’s not O.K.”

ACTION PLAN FOR SCHOOL STAFF

Preventative Measures:

- Create a warm and safe environment at school
- Educate students about the school's Anti-bullying Plan
- Communicate clear standards of behaviour
- Encourage students and parents to understand that they have a responsibility to report incidents of bullying to school staff
- Use consistent guidelines
- Be a good role model with parents and students
- Provide specific lessons and role play acceptable behaviour
- Provide network for students
- Child protection
- Social skills programs
- Conflict resolution program
- Life Education program
- Buddy system for Kindergarten students
- Active student representative council
- Learning support team
- Lunch Club

Reporting and Consequences:

Staff will:

- Use the school's Discipline Policy strategies to manage inappropriate student behaviour
- Refer concerns to the school executive team who may take action, including parent/student interview
- Referral to school counselor, involvement of District Office support staff
- Separate the bully from the peer group to disempower the bully

RESPONSIBILITIES

Students and parents have a responsibility to report incidents of bullying to their school staff.

School staff have a responsibility to listen to and investigate reports of bullying and follow up within the framework of the school's Discipline Policy (available on the school's website).

Further details of responsibilities can be found in the school's Anti-bullying Plan found on the school's website.

ADDITIONAL INFORMATION

The NSW Government has a number of resources on its Anti-bullying website that are located at <https://antibullying.nsw.gov.au/>

Department of Education Policies:

[Bullying of Students - Prevention and Response Policy](#)

[Complaints Handling Policy](#)

Additional information can also be found on the following websites:

Kids Helpline 1800 55 1800 or www.kidshelpline.com.au

Bullying No Way www.bullyingnoway.gov.au

Safe Schools Hub www.safeschoolshub.edu.au

National Centre Against Bullying www.ncab.org.au



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SCHOOL CONTACT INFORMATION

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